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FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.state.nj.us/humanservices/cap/njcap3.html

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<p>4 Independence Day Enjoy this special day of picnics, parades and fireworks with your family.</p>	<p>5 Need help coping with the demands of parenting? Call 1-800-THE KIDS.</p>	<p>6 Children know you care when you celebrate their accomplishments.</p>	<p>7 Disagreements occur in every family, so compromise is a great skill to teach your kids.</p>	<p>1 Start summer reading lists for you and for the kids.</p>	<p>2 Single parents have twice as many responsibilities. If you need to talk, Call 1-800-THE KIDS.</p>	<p>3 July is Ice Cream Month. Enjoy your favorite flavor — or make homemade ice cream with your children.</p>
<p>11 Even young children can help with dinner. Show them how to shuck corn, shell peas or snap beans.</p>	<p>12 Working parents need to schedule some time for themselves.</p>	<p>13 Strong, loving family relationships help your kids face the world with confidence.</p>	<p>14 If your children use the Internet, remind them never to reveal personal information — name, address or telephone number — to anyone.</p>	<p>8 This summer, encourage your children to read out loud or silently every day for 15 to 30 minutes, depending on their age.</p>	<p>9 Check your local paper for festivals, outdoor concerts and other fun family events coming up this weekend.</p>	<p>10 Pin up a map of the U.S. and help children learn the 50 states.</p>
<p>18 Let your children know you trust them to do the right thing.</p>	<p>19 Bring books and nutritious snacks for your kids when you visit the doctor's office and other places where you expect to wait.</p>	<p>20 Set an example of fairness and kindness to others for your children to follow.</p>	<p>21 Music can calm an infant. As babies get older, encourage them to clap and sing along.</p>	<p>15 Ask older children to read to younger children while you prepare dinner.</p>	<p>16 Showing honesty and respect works wonders with children of all ages.</p>	<p>17 If your child is a "loner," make efforts to arrange playdates with other children.</p>
<p>25 Ask the kids to think of five cool ways to beat the heat. Try their ideas!</p>	<p>26 Make laughter part of every day in your home.</p>	<p>27 Quality time with your kids can be as simple as reading a story or listening to music together.</p>	<p>28 For a refreshing and easy-to-make treat, let the kids freeze fruit juices in ice cube trays.</p>	<p>22 There are no perfect parents. So forgive yourself when you're less than perfect.</p>	<p>23 When your child is upset or down, take a few moments to offer a hug and an understanding ear.</p>	<p>24 Today, take the kids to a local "U-pick" farm or farmer's market for a supply of fresh fruits and vegetables.</p>
				<p>29 Making a written list of chores for children can save you a lot of nagging.</p>	<p>30 Share your children's joy.</p>	<p>31 Some give and take is needed in every family.</p>